

Statistics Report 15018, Fish, cod, Atlantic, dried and salted

Report Date: June 25, 2017 18:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	16.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	290	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Energy	kJ	1212	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	62.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	2.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	18.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	2.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	950	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	1458	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	7027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	1.59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	147.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	3.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.268	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	7.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	1.675	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.864	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	291.3	--	--	--	--	--	--	--	--	Calculated or imputed	15016	03/2007
Vitamin B-12	µg	10.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	140	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	2.84	--	--	--	--	--	--	--	--	Calculated or imputed	15015	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	4.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	4.0	--	--	--	--	--	--	--	--	Calculated or imputed	15015	03/2009
Vitamin D	IU	161	--	--	--	--	--	--	--	--	Calculated or imputed	15015	03/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	15015	02/2003
Lipids													
Fatty acids, total saturated	g	0.462	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.321	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.804	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.423	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	2.754	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	2.895	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	5.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	5.769	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	1.859	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	2.452	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	2.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	3.236	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	3.759	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	1.849	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	3.799	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	6.433	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	9.378	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	3.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	2.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	2.563	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003